**AQA Food Preparation and Nutrition - Quizlet links**

Download the ‘Quizlet’ app

These links have a number of different revision activities which you can use including flashcards, test, match, learn.

GCSE AQA Food Preparation and Nutrition - <https://quizlet.com/gb/547685841/gcse-aqa-food-nutrition-flash-cards/>

Key terms - <https://quizlet.com/gb/186912837/aqa-food-preparation-and-nutrition-key-terms-flash-cards/>

Vocabulary - <https://quizlet.com/gb/247933076/aqa-food-preparation-and-nutrition-vocabulary-flash-cards/>

Diet, nutrition and health

* Macronutrients - <https://quizlet.com/gb/249073463/macronutrients-flash-cards/>
	+ Carbohydrates - <https://quizlet.com/gb/555791548/nutrients-macronutrients-carbohydrates-flash-cards/>
	+ Protein - <https://quizlet.com/gb/555778183/nutrients-macronutrients-protein-flash-cards/>
	+ Fat - <https://quizlet.com/gb/247932291/aqa-food-preparation-and-nutrition-fat-flash-cards/>
* Micronutrients –
	+ Vitamins - <https://quizlet.com/gb/249181011/vitamins-flash-cards/>
	+ Minerals - <https://quizlet.com/gb/249224004/minerals-flash-cards/>
	+ Water - <https://quizlet.com/gb/640087060/nutrients-micronutrients-water-flash-cards/>
	+ Minerals - <https://quizlet.com/gb/640060751/nutrients-micronutrients-minerals-flash-cards/>
	+ Retaining vitamins and antioxidants - <https://quizlet.com/gb/640055970/nutrients-micronutrients-retaining-vitamins-and-antioxidants-flash-cards/>
	+ Water soluble vitamins - <https://quizlet.com/gb/640025365/nutrients-micronutrients-water-soluble-vitamins-flash-cards/>
	+ Fat soluble vitamins - <https://quizlet.com/gb/640022717/nutrients-micronutrients-fat-soluble-vitamins-flash-cards/>
* DRV - <https://quizlet.com/gb/249178239/dietary-reference-values-flash-cards/>
* Nutritional requirements through life - <https://quizlet.com/gb/268282787/nutritional-requirements-through-life-flash-cards/>
* Energy needs - <https://quizlet.com/gb/268541415/energy-needs-flash-cards/>
* Energy needs - <https://quizlet.com/gb/556166781/nutritional-needs-and-health-energy-needs-flash-cards/>
* Diet nutrition and health - <https://quizlet.com/gb/279738525/diet-nutrition-and-health-flash-cards/>
* Eatwell Guide - <https://quizlet.com/gb/619994457/eatwell-guide-flash-cards/>

Food science

* Cooking of food and heat transfer - <https://quizlet.com/gb/280073029/cooking-of-food-and-heat-transfer-flash-cards/>
* Functional and chemical properties of food - <https://quizlet.com/gb/280102839/functional-and-chemical-properties-of-food-flash-cards/>
* Functional and chemical properties of food: Carbohydrates <https://quizlet.com/gb/556510731/functional-and-chemical-properties-of-food-carbohydrates-flash-cards/>
* Functional and chemical properties of food: Protein <https://quizlet.com/gb/556505093/functional-and-chemical-properties-of-food-proteins-flash-cards/>
* Cooking of food and heat transfer: selecting appropriate cooking methods <https://quizlet.com/gb/556207628/cooking-of-food-and-heat-transfer-selecting-appropriate-cooking-methods-flash-cards/>
* Cooking of food and heat transfer: Why food is cooked and how heat is transferred to food

<https://quizlet.com/gb/556199475/cooking-of-food-and-heat-transfer-why-food-is-cooked-and-how-heat-is-transferred-to-food-flash-cards/>

Food safety

* Food safety - <https://quizlet.com/gb/247931692/aqa-food-preparation-and-nutrition-food-safety-flash-cards/>
* [https://quizlet.com/558928533/aqa-gcse-food-preparation-and-nutrition-food-safety-diagram/#](https://quizlet.com/558928533/aqa-gcse-food-preparation-and-nutrition-food-safety-diagram/)
* Food spoilage and contamination - <https://quizlet.com/gb/280460076/food-spoilage-and-contamination-flash-cards/>
* Buying and storing food - <https://quizlet.com/gb/631231255/food-preparation-and-nutrition-term-1-food-safety-buying-and-storing-food-flash-cards/>
* Preparing cooking and serving food - <https://quizlet.com/hk/618345330/preparing-cooking-and-serving-food-flash-cards/>

Food choice

* Food choice- <https://quizlet.com/gb/280715595/food-choice-flash-cards/>
* British and international cuisine - <https://quizlet.com/gb/280871365/british-and-international-cuisines-flash-cards/>
* Factors affecting food choice: Food choices
* <https://quizlet.com/gb/598335978/factors-affecting-food-choice-food-choices-flash-cards/>

Food provenance

* Environmental impact and sustainability: food sources
* <https://quizlet.com/gb/604542973/environmental-impact-and-sustainability-food-sources-flash-cards/>
* Food provenance - <https://quizlet.com/gb/280875911/food-provenance-flash-cards/>
* Food processing and production - <https://quizlet.com/gb/280879084/food-processing-and-production-flash-cards/>
* Examples of seasonal foods - <https://quizlet.com/gb/494229055/seasonal-food-flash-cards/>
* Carbon footprint - <https://quizlet.com/645874861/carbon-footprint-flash-cards/>